# lorida East Coast Railway.

cal Time Card No. 62.

Corrected to Sept. 7, 1905.

No. 99 Daily	No. 29 Daily	STATIONS		No. 78 Daily	No. 98 Daily
5 00 p 5 07 p 6 15 p	9 49 8 9 48 8 10 : 5 8		Ar	7 00 p 6 52 p 5 50 p	8 50 a 8 42 a 7 40 a
7 10 1	11 3 A 11 60 A	and the state of t	•	4 55 p	6 49 a 6 25 a
7 35 P 6 45 P	12 1) p 11 2) a	Lv Palatka	Lv	4 10 p 5 00 p	6 55 a
8 25 P	8 01 to	Lv San Mateo	Ar	2 10 p 8 25 p	7 50 a
7 50 P 8 03 P 8 10 P	12 47 1	Bunnells		3 57 p 3 44 p 3 37 p	5 50 a 5 36 a 5 23 a
8 41 P 8 53 P	1 26 p 1 39 p 1 51 p	Dayt ha	:	3 10 p 3 00 p 2 50 p	4 59 R 4 47 & 4 36 R
9 25 1	2 15 p 3 44 p 3 55 p	Ar Lake Helen	,v	2 30 p 12 45 p 1: 35 p	4 15 a 6 10 p 5 54 p
10 39 A 10 45 A 9 35 P	4 00 p	LyNew Smyrna	 v	12 30 p	5 45 p
0 00 1	2 51 jr 3 30 jr	Ar		1 54 p 1 15 p 10 00 a	3 39 a 3 00 a
9 00 8	10 00 R	Ly Sanf rd	Ar	1 15 p	9 00 a
0 39 P 1 18 P 1 22 P	4 0 P P	Cocoa		12 84 p	3 00 a 2 19 a 2 16 a
1 63 P 2 05 A 2 51 A	1 54 17	Sebastian		11 5 5 B	1 44 a 1 34 a 1 4 51 a
1 39 A 1 55 A 2 14 P	6 45 P	Fort Pierce	::	10 12 a 10 15 a 9 30 a	14 00 n
2 23 B	7 12 j. 7 17 j. 7 18 j.	Jensen		9 46 A 9 11 A	11 18 p
2 30 a 3 03 a 3 27 a	8 11 P	Btuart Hobe Sund West Jupiter West Palm Beach		8 42 A 8 24 A 7 45 B	10 36 p
4 14 A 4 32 A 4 42 A	9 1* p			7 20 a	9 18 p
5 4 3 H	0 21 P 10 30 P 10 42 P	Dania Uallandale	"	6 10 a 5 58 8	8 15 p 8 06 p 7 64 p
6 24 h 6 35 h	11 17 p	and the state of t	Lv	5 23 6	7 29 p 7 21 p
Daily Ex.		HOMESTEAD EXTENSION			Daily Ex. Sun.

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### ANTIQUITY OF BREAD

THE STAFF OF LIFE AS PREPARED BY THE ANCIENT EGYPTIANS.

Primitive Methods of Grinding the Wheat and Baking the Louf - The Bread of the Assyrians-First Water Power Mills In Norway.

Bread was made of fairly respectable quality long bero.e the advent of the days of Biblical chronology. Synchronous with the development and progress of grinding stones was the Improvement in the manner of making bread. Meisskomer, to whose deivings into subjects on race progress much present knowledge is due, discovered, says the Flour Trade News, an eight pound loaf of evenly crushed grain and well baked under conditions that mark its manufacture as long before the ad vent of man as he is today. This loaf has the appearance of having been been baked before an open fire, the mass of dough thrown on a firt stone before the open blaze and turned until each side had been subjected to the heat. It is hardly up to the standard of our present bread, but the men of those days were not finical.

The ancient Egyptians were the pi oneers in extensive grain growing and bread making. Their grains were wheat, barley and doura, and were much like the grains of today. The Egyptians were really the best "farmers" of which we have any coherent record. They harvested their wheat five months after it was put in the ground and bound it into sheaves much like the hand bound sheaves of today. Their thrashing was done by driving cattle over the granary floors.

The old style of grinding obtained with the Egyptians, the women usually being required to perform the work, but they had discovered the power of fermented yeast cells, as in several instances leavened bread has been found dating to this era. It is also with the Egyptians that the professional baker first springs into notice in the world. There is picture writing on several tombs that shows bake shops long before the time of the dynasty. The story of Joseph conserving the abundance of the fat years for use during the seven lean years shows how important grain and breadstuffs were to latter day Egyptians.

Thanks to the art of the Assyrians and the enduring qualities of bronze, we have records to show how this ancient people prepared their bread. Apparently the Assyrians were a most abstemious people and little given to riotous feasting, even in the celebration of victories for their armies.

On the bronze gates of Balawat are found engravings depicting the warlike doings of Shalmaneser II., who ruled and warred in the years from 860 B. C to 825 B. C. One engraving shows the women of a tribe baking bread, great piles of bread, for the benefit of returning victorious soldiers. The Assyrians also knew how to raise grains, their hydraulic machines and aqueducts showing how they appreciated the value of irrigation.

Bread figured prominently in the history and religion of the ancient Jews. Their tirst cereals were only rye, wheat and barley, and they began their use by eating them raw after the fashion of primitive man. This is the normal course of progress with all peoples that early become extensive grain eaters. The grain grew wild at first and was eaten by the naked savage only as one of the leguminous plants that gave him a precarious sustenance. Gradually, seeing the strength obtained by those who fed exclusively upon a grain diet, man, with his intelligence increasing, began to care for the patches where the desirable plants grew, and from this it was not a far step to the careful cultivation of grain.

Each family of the Jews had a mill for itself, differing in this from its contemporaneous races, where the grain was ground in a community mill. So important was the millstone in the economy of the Jewish home that Moses laid down the law, "No man shall take the nether or the upper millstone to pledge, for he taketh a man's life to pledge." This, the phrase "to pledge," would indicate that the pawnshop was not unknown at even this early stage of the world's career.

To come down to more recent days, the old time residents of the Scandinavian countries in their time stood forth most prominently as grain users and bakers. Women were principally in charge of the preparation of the grain and of the bakeries. The grinding was done in mills run by horsepower, wind or even by large dogs.

Some of the first water power mills known of were in Norway. The baking here was usually done in ovens constructed and maintained by the towns and villages. People with grain to be baked into bread came to the bakeries, where women received the same, baked it and returned the bread to the owner with a tithe taken out for the baking.

An Angel Once.

ald.

"Does it create a furore in your famfly when you go home late?" asked Bjones of his friend De Smith. "No; it creates a fury," was the suggestive answer.-Chicago Record-Her-

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Full Quart Measure.	4 Qts.	6 Qts.	12 Qts.	\$1.50 per Gallon.
Hunting Club Rye		\$4.00	\$ 7.00	Rye, Gin, Corn. Good grade.
Nelson County Rye	2 90	4.25	7.50	\$2.00 per Gallon.
Nelson County Rye	2 20	4.50	8.00	Rye, Gin, Corn, Rum. Fine quality.
Monogram Rye	9.75	5.00	9,50	\$2.50 per Gallon.
Hanne's "44" Rye	4.50	6.50	12.00	Rye, Gin, Corn, Rum. Best for the money.
Social Drops	3.75	5.00	9.50	\$3.00 per Gallon.
Malt Whiskey		5.00	9.50	"44" Rye, Peach and Apple Brandy. Mellov
Peach Brandy	9.75	5.00	9.50	by age.
Apple Brandy	0.10	4.25	7.25	\$4.00 per Gallon.
Holland Gin			9.50	Victoria Rye, Social Drops Rye. Medicinal qual
Geneva Gin	$\frac{3.75}{2.65}$	5.00 4.00	7.00	LEMP ST. LOUIS BEER. per D
North Carolina Corn Mountain Corn		5.00	9.50	Falstaff Beer \$
Jamaica Rum	2.80	4.25	7.25	Extra Pale Beer
Medford Rum	8.75	5.00	9,50	Standard Beer
Grane Rrandy	3.75	5.00	9.50 9.50	Dark Malt Extract
King of Kentucky Bourbor	3.75	5.00	9.00	Coburger, imported
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